

# How to Take an At-Home Saliva Test: Transcript

[upbeat music]

[Narration] How to Take an At-Home Saliva Test

The State of Minnesota and Vault Medical Services have teamed up to offer at-home saliva testing for everyone, at no cost to you.

When your test kit is delivered, you will receive an email letting you know your test has arrived and providing a link to Vault's website. Take your COVID-19 test as soon as possible. If you have COVID-19, the sooner you know, the sooner you can take steps to keep it from spreading to others.

To take the at-home saliva test, you will need a good internet connection and smart phone or laptop with a working camera.

Do not eat, drink, smoke or chew anything 30 minutes before taking the test.

When you are ready to take the test, log on to Vault's website during their testing hours (Sunday-Thursday 7am-7 pm, Friday-Saturday 7am-5pm). You do not need an appointment.

You will enter an online waiting room. If many people are taking their at-home test that day, you may need to wait a while. Do not take the test yet.

You will be connected by video to a Vault test supervisor who will walk you through how to take the test. You will spit into a funnel attached to a tube. Producing the required amount of saliva usually takes 10-12 minutes.

The test supervisor will tell you how to pack up your test kit to send back to the lab.

Once your test is complete and fully sealed, bring the prepaid UPS package as soon as possible to a UPS drop box or UPS store to ship your sample to the lab. There is a locator tool on the UPS website that you can use to find a UPS drop box or UPS store near you.

You should get your results back by email within 24 to 48 hours after the lab receives your sample.

If you have questions, need an interpreter or need an accommodation, call 800-800-5698 or email [accessibility@vaulthealth.com](mailto:accessibility@vaulthealth.com) with your language need or assistance request. Thank you for getting tested and helping to keep our communities safe.

For more information about COVID-19 testing, visit: [mn.gov/covid19](https://mn.gov/covid19) [upbeat music]

Minnesota Department of Health  
Communications Office  
PO Box 64975  
St. Paul, MN 55164-0975  
651-201-4989  
[health.communications@state.mn.us](mailto:health.communications@state.mn.us)  
[www.health.state.mn.us](http://www.health.state.mn.us)

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To obtain this information in a different format, call: 651-201-4989